



Workshops

Heritage Workshops

Dual or Mixed Heritage:

A Workshop for anyone of Dual or Mixed Heritage and their allies.

White English and British Pride - St George's Day:

The void created when some groups are encouraged to value and celebrate their ethnicity or culture, and others aren't, allows divisive actions, and divisive groups to take a hold. This is exacerbated when people do not get the opportunity to take pride in their own identities. Workshops to explore what it is to be British, English, or White are vital if we are to take pride and avoid the proliferation of the kind of chauvinism and nationalism evident in communities around the country.

Family Workshops

Fathers Day Workshop:

For men who want to look at the issues facing men particularly in their role as fathers.

Families Working Together:

Workshop for whole families or members of families who want to learn skills for tackling the tough issues they face.

Workshops for Women

Empowering Women to take Leadership

One of the events taking place celebrating International Women's Day. The event is for women who want to take, or extend their leadership in their organisation, place of worship, community or family.

Conflict Workshops

Conflict Resolution:

For anyone who wants to understand the underlying issues when conflict presents itself, and the skills to tackle it.

Preventing Extremism and Terrorism:

People turn to extremism when they feel at their most powerless and because it appears to address some of their unmet needs. Providing opportunities for them to express their

issues and concerns, and to be listened to is a powerful contradiction to hopelessness. Our approach also provides awareness and skills that give the impetus for young people and adults to engage with mainstream civic life and politics.

Workplace Mediation and Conflict Resolution:

Not only do presenting issues get addressed, all parties are respected and valued in the process, thus creating greater understanding between all parties and clarity about what is going wrong. Self-esteem is enhanced as participants' understanding of themselves and others grows, leading to less sick leave and more fulsome contributions to the team and wider organisation.

Workplace Bullying:

Bullying in the workplace undermines everyone in the organisation. In the end it undermines the organisational ability to deliver to clients - internal and external. Having a team of leaders who can take courage to create a culture where there is no space for bullying, benefiting everyone, as well as the bottom line, and makes individual incidences of bullying a thing of the past.

Women's Workshops

Diversity Awareness Workshops

Welcoming Diversity:

The welcoming diversity workshop provides participants with an opportunity to experience a range of experiential activities to open up their thinking and increase their knowledge base. It teaches practical skills so participants can be pro-active in building welcoming communities or organisations and reducing prejudice of all kinds. It utilises the tools of healing and compassion to reduce prejudice, whilst simultaneously increasing individual responsibility and inter-group cooperation. Participants develop an overall understanding of diversity issues, the barriers to diversity and equality, and how to welcome diversity whilst learning practical skills to reduce and eliminate prejudicial attitudes and behaviours. The upbeat approach is designed to win hearts and minds for institutional change.

Healing the Racism that Divides Us:

Workshops held during Black History Month, for anyone who wants to end racism.

Pride Not Prejudice Workshop:

Held during Leicester Pride week for lesbians, gays and heterosexuals who want to be better allies in ending homophobia.

Information:

For up to date information on the dates, times, costs and availability of any of these workshops please contact us:

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